



# Timelines



JANUARY 2008

## in this issue...

- 1 50th Anniversary Celebration
- 2 Executive Director's Message
- Board of Directors
- 3 Celebration Photos
- 4 Donations
- 5 John Sheehan Profile
- Upcoming Events
- 6 Membership Application
- Car Donation Program



The Arc of East Middlesex  
20 Gould Street  
Reading, MA 01867-2927

SOMWBA Certified

Phone 781.942.4888  
Fax 781.942.0820  
www.theemarc.org  
info@theemarc.org

## 50th Anniversary Celebration a record breaker!

**T**he Arc of East Middlesex's 50th Anniversary Celebration, incorporating the Richard Tucker Memorial Dinner &

Auction, was a great success, raising an all-time high of \$106,000 for our programs. The Celebration honored **Dr. Steve Perlman**, Global Clinical Director for the Special Smiles Program, as *Man of the Year* and the Law firm of **Mintz, Levin, Cohn, Ferris, Glovsky and Popeo, PC** as *Corporate Champion*.

Special thanks go out to our Co-Chairmen, John Mitchell of CAM Media and Rick Tucker of Tucker's Auto Supply; to Dennis Drinkwater of Giant Glass, our Honorary Chairman; to Arnold Rubin of Atlantic Food Mart, our Platinum Sponsor and Awards Presenter; to the Boston Marriott Peabody, our generous hosts; to Hank Morse, our Emcee; to David Andelman of the Phantom Gourmet, who presented the Community Champion Awards and to comedians Tony V and Steve Sweeney, our guest auctioneers. Hats off to our Committee members: Sharon Borggaard, Maureen O'Brien, Ralph D'Amico, Lisa Gibbs, Barbara Crystal, Christine Flaherty, Lucie Cripps, Judy Osborn, Andy & Elena Previte, Jo Ann Simons, Susan Ring Brown, Paula Vratatos, Marie Cassidy, Susan Kirkland, Pat & Geoff Simons, Michael Be-

rardo and Kelly Tetrault.

Tasting Station donors honored as *Community Champions* included Bear Rock Café of Reading; Dockside



**Man of the Year – Carol Bird (l) and her daughter Leia Brown (r), congratulate Dr. Steve Perlman on being named the Arc of East Middlesex Man of the Year.**

Restaurant of Wakefield and Malden; Felicia's of the North End, Stoneham; Fuddruckers, Reading; Gaetano's Ristorante, Stoneham; Harrows Chicken Pies, Reading; JJ Grimsby & Co. Stoneham; Just Desserts, Wakefield; Kowloon Restaurant, Saugus; Legal Seafoods, Peabody; Lupo's Italian Kitchen, Peabody; Marriott Boston Peabody, Mia Cucina, Lynnfield; New England Coffee Company, Malden; Piantedosi Baking, Malden; Ristorante Molise, Wakefield; Romano's Macaroni Grill, Reading; Sea Witch Restaurant & Oyster Bar, Peabody and Venetian Moon, Reading.

Neville Pottinger, an Arc Employment Specialist approaching his 25th Anniversary with the organization, was honored as our longest serving employee. Martha Billington and Cheryl Riley each received

*continued on page 5*

## The Arc of East Middlesex Board of Directors

President  
Sharon Borggaard  
Holderness, NH

Vice President  
Maureen O'Brien  
Reading, MA

Treasurer  
Ralph D'Amico  
Reading, MA

Clerk  
Lisa Gibbs  
Reading, MA

Directors  
Lucie Cripps  
Rockport, MA

Barbara Crystal  
Melrose, MA

Christine Flaherty  
Reading, MA

Charles B. Gordon  
North Reading, MA

Judith T. Osborn  
Reading, MA

Elena Previte  
Melrose, MA

Timelines is produced by:

Jo Ann Simons, MSW  
Executive Director

Susan Ring Brown  
Director of Development

Paula Vratton  
Administrative Assistant



## Resolving to Redefine the Holiday Season

### *A Message from the Executive Director*

It is customary, although I do not know how the custom began, to develop resolutions for each New Year. Lots of people must develop resolutions around their health because every January, the gym I belong to gets very crowded. The crowds don't last long as most people seem to give up their new found devotion to exercise. To be truthful, I wait anxiously for this drop off in attendance because I don't like all the new people taking up my favorite elliptical machine.

I used to have New Year's resolutions that were designed around exercise and losing weight. I finally realized that I was only going to be successful at it if it were something I worked on 365 days a year. So, now I work on it every day with mixed success. It's no longer a New Year's resolution.

I had begun to think that New Year's Resolutions were stupid since they were bound to fail—"I will drop 10 pounds," "I will be nicer to my sister," etc. I had almost given up on resolutions when a full page ad in the Boston Globe caught my eye this morning. It read something like this:

#### ***Let's Redefine The Holiday Season. By Putting More Thanksgiving In It.***

*No sooner does Thanksgiving end, that the chaotic shopping season begins—a month-long compulsion to buy something, anything, for everyone. We're pressed, We're stressed. And our money is wasted. But we can change all that by focusing on the giving. And redefining the holidays. **Give people donations to their favorite charities. And request that they give donations to your favorite charities.** A lot more money would go to people who need it. Shopping would be easier and tax deductible. And our giving would be more in keeping with the spirit of the season.*

I had already begun this in some small ways. I had asked my sisters-in-law not to give us a gift, but to make a contribution to the agency which supports my son, Jonathan. I make a donation to the Alzheimer's Association in memory of my dance instructor's father. I give gifts made by the artists at our own Center for Emerging Artists during the holidays and throughout the year. I have discovered that a framed Fenway Park or Gillette Stadium print (at \$50) make welcome engagement presents and our jewelry is appreciated by all women. When I am looking for a small gift, our note cards are my gift of choice. But, this year, my New Year's Resolution is to practice the art of really giving even more. Next year, there will be more charitable contributions and more gifts made by our artists. I am not talking about children and the wonder they hold for the season. They will still get some soon to be broken toy until they are old enough to appreciate the act of giving. Then I will find a charity that will be meaningful for their age and interest.

What I am asking you is to consider joining me in my New Year's Resolution and redefine holiday giving. With your support, people who really need to be helped will be helped and we will just have fewer yard sales. You don't have to wait until next year to start. Valentine's Day, birthdays, anniversaries, Mother's Day and Father's Day are just a few examples of special occasions throughout the year for which you may make a Tribute Gift in honor of a loved one. We will send your honoree a card notifying them of your gift. Please see page 4 for more information. We have people waiting at The Arc of East Middlesex for your help.

# Celebrating our 50th Anniversary in Style!

The Arc of East Middlesex celebrated its 50th Anniversary November 7th with a gala at the Boston Marriott Peabody. Photos courtesy of Chuck Kendrick, kendrickphoto.net.



**Leaders** – Bill Helliessen and Arthur Giangrande, who each served as President of EMARC's Board of Directors in the 1970s, were among the first inductees into the new *Leaders and Founders Society*.



**Century Fund** - Sumner Jones, Executive VP of Eastern Investment Advisors, accepted a plaque in recognition of the Eastern Bank Charitable Foundation's \$15,000 founding gift to the Arc's Century Fund. The Fund will position the Arc to meet the needs of children and adults with developmental disabilities and their families during the next 50 years.



**Faces of the Arc** – Becky Paige of Pyxis Productions, who donated her services to create the 50th Anniversary video, receives an appreciation award from Dennis Drinkwater of Giant Glass, the event's *Honorary Chairman*.



**Hamming it up for the Cause** – Comedian Tony V auctions off a framed photo and a baseball autographed by Red Sox pitching star Jonathan Papelbon.



**They're the Tops** – Arnold and Adrienne Rubin were the top bidders at our very successful auction. Arnold's store, Atlantic Food Mart, 30 Haven Street, Reading, served as the Platinum Sponsor of the event.



**Championing Healthy Athletes** – *Man of the Year* Dr. Steve Perlmán, Global Clinical Director for Special Olympics' Special Smiles Program and Arc Executive Director Jo Ann Simons, who helped launch the pilot program which has grown into the Healthy Athletes initiative.



**Valued Employees** – Martha Billington of the MWRA and Cheryl Riley of 3M Touch Systems were each honored with *Community Employment Awards* to mark their nearly two decades of successful employment with their organizations.



**Sweet Stuff** – David Mineo, owner of Mia Cucina in Lynnfield, accepts a *Community Champion Award* from Jo Ann Simons. David's fabulous cookies are always a hit at our event!

## The Arc of East Middlesex is Pleased to Acknowledge Gifts from the Following Donors...

### Friend – Gifts Up to \$100

Brian D. McGrail, Attorney at Law  
 Christopher J. Barrett Realtors  
 Daniel S. Casper PC  
 J. Breton Electric Co.  
 John J. McCarthy Jr., Attorney  
 Stephen P. Maio, Attorney  
 Representative Mark Falzone  
 McCarthy & McCarthy  
 Simeola & Simeola  
 Tarpey Insurance Group  
 Technomatch  
 Thomas A. Mullen, PC  
 Wakefield Cooperative Bank  
 William T. McDonald Funeral Service  
 Noel Bailey  
 Michael Barrett  
 Cy and Judith Bode  
 Robert Boyle  
 Patrick Bruno  
 Lisa Butler  
 Thomas Butler  
 Daniel Calore  
 William Carroll  
 Deborah Chimo  
 Eugenia and Alan Coffin  
 John Cullinane  
 Jane Daddario  
 Anne Danehy  
 David and Lisa D'Arcangelo  
 Robert Dibella  
 Deidre Donovan  
 Ralph Dunham  
 James Terrance French  
 Kevin Gill  
 Sharon Gilley  
 Patrick Glynn  
 James and Jane Good  
 Joyce Grasso  
 Elaine Guaetta  
 Patricia Guerin  
 Walter Guertin  
 John Havelick

Raichelle Kallery  
 T Joseph Mahoney  
 Janet McConville  
 Muriel McConville  
 Brian McCoubrey  
 Martin McNamara  
 Monica C. Medeiros  
 Sara Murphy  
 Mary O'Neill  
 Susan O'Neil  
 Catherine A. Palmerino  
 Eresa G. Pi-  
 etrafitta  
 Marie and Hank Rej  
 Mr. and Mrs. A. David Rodham  
 Geraldine Rowe  
 Betsy Sheeran  
 Mr. and Mrs. Richard E. Smith  
 Lawrence Swift  
 Catherine Turco  
 Vito Vacca  
 Richard Weisenbach  
 Denise and Alfred M. Yasi

### Supporter Gifts \$101 - \$249

Mr. and Mrs. Albert J. Turco

### Sustainer - Gift \$250 - \$499

Symes Associates  
 Chas. F. Hartshorne Insurance

### Patron - Gifts \$500-999

Wakefield Cooperative Bank

### Memorials

#### In Memory of Lilia Cerullo

Dolores and Milton Parks and Family

#### In Memory of Joseph J. Corso

Kathleen R. Corso-Daloisio

#### In Memory of Robert Kearney

Betty and Dan Whelan

#### In Memory of Jo Ann Palmer

Beverly and Carl Gerade

### Tribute Gifts

#### In Honor of Alfred Resteghini

Janice and John Bernardi

#### In Honor of Jo Ann Simons

Susan Ring Brown

### In Honor of Dr. Steven Perlman

Andrea Kline  
 Roberta Kline

### In Honor of Arnold Rubin

Denise R. and Thomas Stern

### Grants

Harpley Foundation  
 Mass Charitable Mechanics Association  
 Samantha's Harvest

### Inkind Gifts

Starbucks  
 TAC, Andover  
 Barbara and Malcolm Crystal  
 Robert Kiley  
 Barbara Jackins and John Mason  
 George Simpson  
 Jo Ann Simons

*Gifts received through December 4, 2007*

### Making a Memorial or Tribute Gift

Use the pledge form on the fundraising page of our website ([www.thearc.org](http://www.thearc.org)) to remember a loved one or honor a friend or relative for a special occasion. If you do not have internet access, please call 781-942-4888, ext. 4010 to request that we mail Memorial/Tribute envelopes to you.

### Wish List

The Arc of East Middlesex is looking for donations of **furniture and household goods in good condition**. If you have items to donate, please email a description of the item(s) and your name, location and phone number to [mberardo@thearc.org](mailto:mberardo@thearc.org). We're sorry; we are unable to accept clothing. Thank you!

### New Members

#### Welcome to:

Omar Alam and Family  
 Julie Bowman and Family  
 Carol Delmonico and Family  
 Linda J. Foley and Family  
 Karen Johnson and Family  
 Anita Stinson and Family  
 Bonnie Turner and Family  
 Barbara Wright and Family

## TAC Furniture Donation Supports Program Expansion

The Arc of East Middlesex would like to thank Lew Budd, manager of TAC's Boston branch, for a generous donation of office furniture. Lew had a large surplus of gently used office furniture and was looking for a non-profit organization that could put it to good use. Through his daughter, Alexa, who participates in our School to Work program, he found just that. The TAC gift came at a perfect time, as we move our administrative staff next door to create more

space for our Life Choices program at 20 Gould Street, Reading. The furniture is greatly appreciated and will be used throughout the organization.

TAC, which is located in Andover, is a leader in building automation, security and energy solutions. For more information, visit them on the web at [www.tac.com](http://www.tac.com)



**Helping Us Grow** – Lew Budd, Manager of TAC's Boston branch and Dave Riccio, Facilities Manager, coordinated a large furniture donation to the Arc of East Middlesex.

## TEEN PROFILE

*John Sheehan finds his passion in photography*



**Shutterbug- John Sheehan**

**M**y Low-Carb Life, the Danvers store which sells gluten-free, sugar free and low carb food and which displays work from the Arc's Center for Emerging Artists, has a homegrown artist of its own.

John Sheehan, the 15-year-old son of owners Carol and Pat Sheehan, has found his passion in photography. His big break came in the fall of 2005 when his pictures were selected through a contest to appear in the Boston Globe's Sidekick magazine. Following that achievement, John, with the support of his mentor and friend Tammy Bishop, offered note cards featuring his photographs for sale at Malden's Soho Art Center.

While at the Soho Art Center, John met Jessica Finch, the organizer for Art for Kool Kidz at Children's Hospital, Boston. She invited him to exhibit from August through October, 2007 at the Au Bon Pain Café at Children's. His exhibit, titled Through My Eyes, included ten 22" by 18" photographs.

"He really does see things differently than most people," said Carol. She recalls one day, when approaching a puddle of water, John stopped to take a picture. There was a reflection of a tree in the puddle that interested him. "Who would think of taking the photo of a puddle? Most people would just snap a picture of the tree, but he wanted to see the tree through the reflection," Carol beams. "His work is truly through his eyes."

John's photos and note cards were also exhibited and sold at the Somerville Arts Union Craft show. At this craft sale, John set up his work in an organized and marketable manner, interacted with customers, handled sales, and broke down the display when the show was over.

John now shows and sells his work regularly. His note cards are currently available through My Low Carb Life, 136 Andover Street (Rte. 114), Danvers. Contact the store for more information 978-646-9566.

*Excerpted with permission from "Through His Eyes...Indeed!" mdsc update, Fall 2007.*



## 50th Anniversary Celebration a record breaker!

*continued from page 1*

Community Employment Awards in recognition of their long-term success with the MWRA and 3M MicroTouch respectively.

Harold E. Trezell, Leilia B. Spaulding, John C. McNeff, Jr., Mildred F. Rauseo, Thelma B. Cameron, Dorothy Knowlton, Horace W. Hylan, Margaret & Thomas Basti, Eleanor Burke, Joan Cassidy, Claude Cimini, Lucie Cripps, Arthur Giangrande, William Helliessen, Edna Mayo, Milton & Dolores Parks, Andrew & Elena Previte, Carol & Michael Scully, Mary & Cary Simpson, Marie & Richard Tucker, Jack Hickey, Norma Howland, Chester Putney, Daniel Sweeney and Evelyn Wright were inducted into our Leaders & Founders Society. Although some of these leaders have passed away, we were pleased to have their surviving spouses and/or children on hand to accept their plaques and honor their memory.

*Please see page three for additional photos from the event.*

## Upcoming Events

### **Maneuvering the Maze, 7 to 9 p.m., Wednesdays, January 9, 16, 23, 30, 2008**

Held at Perkins Hall, Melrose-Wakefield Hospital. Learn about government benefits, family support, leadership and advocacy, working with school systems, and special education laws. This workshop is especially helpful for parents of children ages 2-10. Led by Kerry Mahoney, of the Arc's Family Resource Center; Gail Havelick, DPH; Susan Nadworny, MFOFC; Elizabeth Bostic, Educational Advocate; and, Dorrie Freedman, Beverly Bowman and Michelle Shuster from DMR, Metro North. Co-Sponsors include Malden-Everett Family Network, Medford Family Network, North Suburban Family Network, and Riverside Community Care. No Fee. Call Kerry Mahoney at 781 942-4888 x 4015 or email km@theemarc.org.

**Family Dance - 5:30 to 9 p.m., Saturday January 12th Memorial Hall, Main St Melrose.** \$10 per family. We have a great DJ who promises to get everyone dancing. Prizes and pizza. RSVP to Kerry Mahoney.

**Ski Trips!** - Thanks to Barbara Crystal's fund raising efforts, the Rec Department will be sponsoring ski trips this winter! We will partner with Ability Plus, a non-profit organization committed to the development of sports and recreation programs throughout New England and beyond. Moms, Dads, brothers and sisters welcome to join in. Bus from Reading will be available. For more info contact Kerry Mahoney.

**Father's Network... Opportunities for recreation and networking for Dads and their Kids - Sunday January 13, 4:05 PM Hockey Game- Lowell Devils vs. Portland Pirates.** We have 20 seats reserved at the Tsongas Arena, Lowell. After the game meet the players and get autographs! Only \$10 per family! For tickets contact Kerry Mahoney.

**Passion Plunge - Saturday, February 16 at Revere Beach.** Support the Arc of East Middlesex's Special Olympics teams by donating to the rEMAR-Cables team online at [www.firstgiving.org/chenine](http://www.firstgiving.org/chenine). If you would like to join the team in plunging into the Atlantic Ocean, please contact Chenine Johnson at [rec@theemarc.org](mailto:rec@theemarc.org).

The Arc of East Middlesex  
20 Gould Street  
Reading, MA 01867-2927

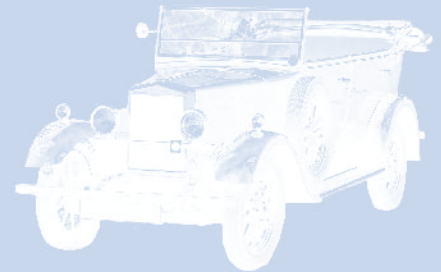
Return Service Requested

Non-Profit  
Organization  
US Postage  
PAID  
Reading MA  
Permit No. 64



## On-line Car Donation Program

To donate a car online, visit our web site at [www.theemarc.org](http://www.theemarc.org), click on vehicle donation at the bottom of the left hand column of our home page and follow the instructions that pop up. Be sure to designate The Arc of Massachusetts, Waltham as your charity and email us at [info@theemarc.org](mailto:info@theemarc.org) so that The Arc of East Middlesex is credited for the donation.



## The Arc of East Middlesex Membership Application

Membership includes 10 issues of our *Timelines* newsletter; the Arc US newsletter; the Arc MA newsletter, *The Advocate*; access to our Recreation and Advocacy programs; invitations to Arc of East Middlesex events and an opportunity to nominate honorees for our Annual Spring Awards Ceremony.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please check all that apply:

Family Member     Professional     Interested Friend

Family Member Served (used to send mailings for age-appropriate events)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Dues:** \$40 per year. Please make check payable to **The Arc of East Middlesex.**



**Frosty Fun - Support the Arc's Special Olympic Teams** by participating in the Polar Plunge February 16 at Revere Beach. See page 5 for more details.